



Glazed Teriyaki Fish

with Wilted Bok Choy and Brown Rice

 20min  4 Portions

Healthy and satisfying, this Asian-inspired seafood dinner ticks both the boxes with lean white fish glazed in teriyaki sauce and an iron-rich sesame-spiked bok choy and broccoli stir-fry. We've also swapped nutty, low-GI brown rice for refined white rice to leave so the whole family will feel good inside and out.

What we send

- baby bok choy
- white fish fillet ⁴
- teriyaki sauce ^{1,6,17}
- broccoli
- basmati brown rice
- sesame oil ¹¹

What you'll require

- Australian honey
- soy sauce ⁶
- vegetable oil
- water

Utensils

- foil
- medium frypan
- medium saucepan
- oven tray
- sieve

Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Gluten (1), Fish (4), Soy (6), Sesame (11), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 595.0kcal, Fat 15.2g, Proteins 47.6g, Carbs 61.5g



1. Cook rice

Rinse the **rice** until the water runs clear. Bring **1.5L (6 cups) of salted water** to the boil in a medium saucepan. Add the rice and cook for 12 mins or until tender. Drain, then set aside and keep warm.



2. Prepare vegetables

While the **rice** is cooking, trim the **bok choy**, then separate the leaves and wash well. Trim and cut the **broccoli** into small florets.



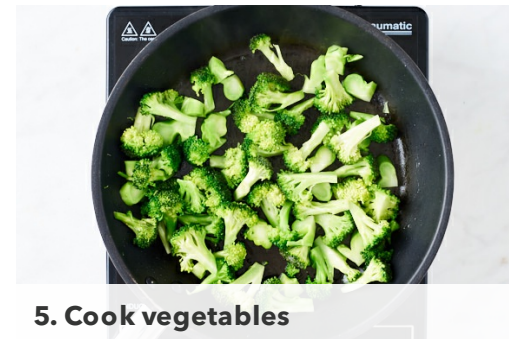
3. Make sauce

Preheat the oven grill to high. Line an oven tray with foil. Put the **teriyaki sauce**, **sesame oil**, **60ml (¼ cup) soy sauce** and **2 tsp honey** in a bowl and stir until the honey has dissolved.



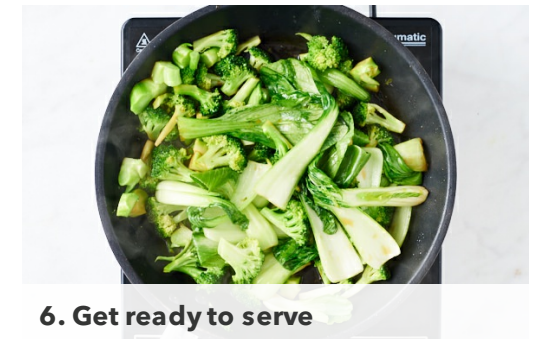
4. Cook fish

Cut the **fish** into 4 equal portions and put, skin-side down, on the prepared oven tray. Pour over **half the sauce**, then grill for 6-8 minutes until fish is cooked through.



5. Cook vegetables

Meanwhile, heat **1 tbs vegetable oil** in a large frypan over medium-high heat. Add the **broccoli** and **2 tbs water** and cook, stirring, for 3 minutes or until almost tender.



6. Get ready to serve

Add the **bok choy** and **remaining sauce** to the frypan and cook for a further 2 mins until the bok choy has wilted. Divide the **rice**, **fish** and **vegetables** among plates and drizzle with any sauce from the pan to serve.